



**Making Tracks**  
Missouri Department of Conservation  
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St. Charles, MO 63304  
[www.mdc.state.mo.us](http://www.mdc.state.mo.us)

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**August A. Busch Memorial Conservation Area**  
**Powder Valley** Conservation Nature Center  
**Rockwoods** Reservation

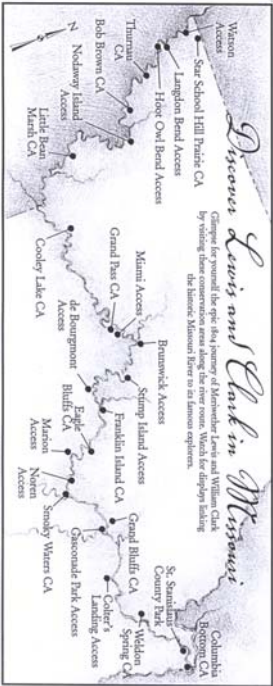


November 2003

Volume 03 Number 11

# Making Tracks

## Lewis and Clark Stood Here



By David J. Bruns, Conservation Education Consultant

Now we are here where they once were. The bicentennial commemoration of the Lewis and Clark Expedition draws our attention to the historic events recorded, with undeniable authenticity, within the journals of Captains Meriwether Lewis and William Clark. To me, their story is so much more than a chapter in a history book when I seek to stand in the footsteps of Lewis and Clark.

Cottonwood, willow and mulberry line the river banks at the Columbia Bottom Conservation Area and provide a panorama very much as described within the journals of Lewis and Clark. I follow along the sandy River’s Edge Trail as it threads its way through the thick woods—“beautiful on the river, rich and well timbered.” Along the way I notice “many curious plants and shrubs” perhaps the very same which had been found by Captain Lewis not far up river from here. The white tails of startled deer bound away as geese honk in the distance. These wildlife resources, as well as the fish in the river, were found in abundance here by the Corps of Discovery and provided the men with sustenance as they were making final preparations for their journey from their nearby encampment. Today these sightings enhance the quality and enjoyment of my hike.

These trees, this water, the breeze in my face, contribute to the sensation that it is only time that separates me from the experiences of these famous explorers. As I reach the viewing platform at the confluence of these two mighty rivers, I am again reminded of how much our world has changed since 1803. The Missouri River, channelized for navigation, is not the wild river of two centuries ago. Agricultural, residential and industrial land use mingles with the landscape. To the south of me, the small trading village, known by Lewis and Clark as St. Louis, has grown to become the great city where I live.

The awesome challenge of ascending the Missouri River faced by Lewis and Clark is much different than the natural resource management issues and challenges along the Missouri River of today. Restoration of endangered species, preservation of functional ecosystems and sustainable use of resources are modern concerns. Perhaps our commemoration of the Lewis and Clark Expedition may serve as, not only a greater appreciation of our natural resources, but also as a point of reflection which inspires a renewal of our own personal involvement in conservation. But for now, I am pleased that Missouri provides so many locations and opportunities to stand in the footsteps of Lewis and Clark.

For further information about locations and opportunities to follow in the footsteps of Lewis and Clark, visit: [www.lewisandclark.state.mo.us](http://www.lewisandclark.state.mo.us).

Pick up the new *Discover Outdoor Missouri Map*, which features conservation areas along the river route, at any MDC office.

## Making Tracks

### Editor:

Holly Berthold  
*Metro Media Specialist*

### Layout:

Rene Parker

*Administrative Staff Assistant*

### Feature Article:

David Bruns  
*Conservation Education Consultant*



## Volunteer

### Milestones

*Thanks for all your effort and help!*

#### Powder Valley Nature Center

Joyce Broughton...2700 hours  
Dhaval Desai...400 hours  
Alma Dulz...3000 hours  
Etta May Eagle...2400 hours  
Eleanor Ernst...500 hours  
David Herreid...300 hours  
Eleanora Markus...500 hours  
Jack McGinnis...4000 hours  
Dietrich Mueller...800 hours  
Tom O’Gorman...2700 hours  
Shirley Pearlstone...700 hours  
Ron Pohle...1200 hours  
Cheryl Rafert...500 hours  
Frank Sadorf...1100 hours  
Marjorie Yamada...3300 hours

#### Busch Conservation Area

Judy Rowe.....2000 hours

#### Rockwoods Reservation

LaVerne K. Goy.....1040 hours  
Joseph Ritter.....475 hours

News from

# Powder Valley

Conservation  
Nature Center

***Fiddles and Forests Concert***  
*Saturday, November 8*  
*7 p.m.*

The Scots/Irish of Missouri’s Ozarks... Their songs. Their story. Hear live music from our newest CD, *Fiddles and Forests*, and meet its creator, Michael Fraser.



Michael has worked for the Missouri Department of Conservation for 17 years in the field of conservation education. The Ozarks have been home since graduation from college. He has written and performed numerous children’s songs about conservation. A passion for the fiddle began a musical journey to learn the traditional music and culture of the Celts and the Ozarks. A combination of passions for music and conservation led to the development of the program called “Fiddles and Forests.”

The Shortleaf Band will be performing with Michael, featuring Mollie Bierman on keyboard and fiddle, Melinda Bierman on guitar and bodhran and Jodi Woosley on flute.

***Reservations begin October 28.***

## Thanks for the Birds!

*By Catherine McGrane, Naturalist*

November brings thoughts of Thanksgiving and turkey that was farm-raised and purchased at the checkout of the local supermarket. But did you know that Missouri is home to many wild turkeys?

The wild turkey is the largest game bird in North America. An adult male (gobbler) weighs 17 to 30 pounds and an adult female (hen) weighs 8 to 12 pounds. Gobblers have a reddish-blue head and neck with a long hair-like appendage or beard, and black-tipped breast feathers. Each leg has a sharp spur on the back. Hens are usually slimmer than gobblers with a less colorful head and neck, and have breast feathers with light colored tips. Hens lack spurs and most lack beards.

Wild turkeys live in open forests, woodlands and forest edges, roosting in trees at night. Foraging on the ground, turkeys eat seeds, fruits, nuts (including acorns), insects, frogs and lizards.

In winter, gobblers separate from hens and juvenile males to flock together. Mid-March the flocks disperse and courtship begins. Males gobble and strut, fanning tails and dragging wings. Females nest in concealed grass or shrubs, laying 10-12 eggs per brood with one brood per year. Males take no part in the nesting. Turkey chicks are precocial, which means they hatch with down, have open eyes, are mobile and can feed themselves when shown food. At two weeks chicks can fly to trees to roost with the females and remain with the brood until winter, when the story begins again.



## The Educators’ Niche

# It’s A Snow Day!

*By Jennifer Fakes, Conservation Education Consultant*

Ah, a snow day. Fresh, white powder blanketing the ground. What will you do? What will be accomplished on your “To Do” list? As you turn away from the window, you begin to hear squeals and groans of the many students crowding around to see the view. “What? I have a class?!” “What happened to the snow day?” You may be asking yourself these questions, and the answer is... It is a snow day! A **Winter Ecology** snow day!

How many times do we run from one building to the next, jump into our vehicles and continue our day at work without truly observing what is happening outside? How often do we think about the upcoming spring and refuse to acknowledge the winter occurring right in front of us?

Winter in Missouri provides new learning opportunities for both you and your students. Encourage the children to observe changes around the school, appreciate organisms from a different perspective and identify trees without the leaves. Spend time watching the birds enjoying the cold at the feeders. (Make the bird feeders now for the winter!)

A scavenger hunt is a great interactive activity for the students to learn and practice observation skills. Ideas for your scavenger hunt could include locating a sun trap (important for warmth during the cold, winter months), identifying seeds and other food sources, developing awareness of camouflaged animals or insects in the area and why they chose the selected spot.

Remember to discuss the importance of winter and why our environment needs a period of dormancy to prepare for the spring.

The Department of Conservation has pamphlets and other informative materials to assist you with Winter Ecology. Stop by one of the local offices and ask for a MDC educational materials request form or pamphlet request form. For more information on the publications go to: [www.missouriconservation.org](http://www.missouriconservation.org).

While enjoying the winter experience outdoors, please take the precautionary measure of checking the wind chill factor, the forecast for your area and the appropriate dress for the outside activity. Your enthusiasm for something new and different will carry over to your students and they in turn will be excited for the next ‘Snow Day’ at school!



## SHOOTING RANGES

***Busch Hours for November 2003***

10 a.m. – 4 p.m. Friday – Monday  
Closed Wednesday & Thursday  
Call (636) 441-4554 for info

***Henges Hours for November 2003***

10 a.m. – 4 p.m. Wednesday – Sunday  
Closed Monday & Tuesday  
Call (636) 938-9548

Ranges close for Special Events & Holidays

***Making Tracks***  
***is about to change –***  
***for the better!***

Because we’re expanding our region and there are more activities to cover, we’ll be changing the format to include all of the programs and special events in the entire St. Louis area. So no matter where you live, where you play, or where you learn about the outdoors, you’ll have a complete listing of everything the Missouri Department of Conservation has to offer. Look for the new Making Tracks format to arrive in January of 2004.



News from

August A. Busch Memorial Conservation Area

Rainbow Trout

Invade

Show-Me State

By Kevin Meneau, Fisheries Management Biologist



Excitement, on the verge of panic, can be sensed in the streets of St. Louis as truckloads of trout are set to challenge anglers at 16 St. Louis area lakes. The invasion is reported to begin in November and expected to last through late February. These trout should be considered hungry and extremely enjoyable to catch.

For the 14th year, (10"-12") trout will trek from the Conservation Department's Montauk Hatchery to storm some of St. Louis' Urban Fishing Program lakes and five lakes on the August A. Busch Conservation Area. More than 36,000 trout have gone through an extensive rearing regimen where they were trained to be sporting and to splash frequently when hooked. Though most of these fish will be rampaging rainbow trout, big bunches of bruising brown trout are reported to be joining the fray.



Anglers are advised to choose their tackle carefully! This year's trout recruits could be the toughest to catch, ever. Light line (6 lbs. test or less) and sensitive fishing poles are suggested. Though prepared baits (like power bait) may work best and can be used at most lakes, artificial lures like small spinners, jigs and flies work well, and are the only baits that can be used from November 1 – January 31 at Jefferson Lake in Forest Park, Tilles Park Lake, Walker Lake (City of Kirkwood), Wild Acres Park Lake (City of Overland), and Busch Conservation Area lakes 21 and 28. The numerous slashing runs of trout cry out for a good drag and the need for a landing net.

These cold-water marauders can be extremely crafty and may require special tactics. It is suggested that anglers come prepared for float, bottom and suspended fishing. Small, sensitive bobbers will help avoid detection. Split shots or small rubber core sinkers can get baits into the trout's lair. Small floats attached just above the hook can subtly float the bait inches off bottom to fool these sassy salmonids.

Hardy winter anglers are being recruited to meet the challenge these trout present. They must enjoy catching beautiful and delicious-tasting fish. Anglers must be equipped with a trout permit to harvest trout. All anglers ages 16 through 64 must also have a fishing permit.

Anglers must not be afraid of meeting trout on their own terms. Information on trout movements can be found by calling the Fish Stocking Hotline, (636) 300-9651.

Additional information on the invasion and rules and regulations of engagement can be had by requesting a free *St. Louis Winter Program Trout* brochure by calling (636) 441-4554. Anglers are encouraged to brave the cold and heed the call to equip themselves with bait and pole. The enjoyment of winter fishing may be hanging in the balance.



2360 Hwy D  
St. Charles, MO 63304  
(636) 441-4554

LOCATION:

From Hwy 40, take 94 south to Hwy D; turn west on D for approximately 1 mile. From I-70, take 94/First Capitol exit; turn south on Hwy 94 to Hwy D; turn west on D for approximately 1 mile. The area entrance is on the north side of Hwy D.

HOURS:

Area is open from 6 a.m. until 10 p.m. See area regulations for special hunt hours. Fishing hours are from 6 a.m. until 9 p.m. Rental boats are available April 1 through September 30. The office is open Monday through Friday from 8 a.m. until 5 p.m. and Saturday and Sunday from 8 a.m. to 4 p.m. It is closed some state holidays.

ABOUT THE AREA:

6,987 acres with 32 lakes and 40 ponds totaling 526 acres of water for fishing. There are six viewing blinds (two are wheelchair accessible), seven hiking trails totaling 5 miles, picnic area, staffed firearms range, and fishing jetties (some are wheelchair accessible). The area has interpretive programs, exhibits and demonstration sites and is used by bicyclists.

News from

Rockwoods Reservation

Red Baron of the Night

By Rhonda Anderson, Interpretive Programs Supervisor

Can you name a mammal that flies? Hopefully you said bats, but I'm betting that some of you said the flying squirrel. What the flying squirrel actually does is glide.

How the flying squirrel is able to do this is amazing. It is born with a loose fold of skin, the gliding membrane, which stretches from the body out to the wrist and ankle on each side of its body. When it wants to go for a glide it will choose a high branch then launch itself into the air towards its landing spot. As the flying squirrel takes off, the gliding membrane is stretched out, allowing the flying squirrel to glide through the air. The direction and speed is controlled by creating slack in one or both membranes. By doing this, the flying squirrel is able to make twists and turns, even 90 degree turns, to avoid hitting branches and trees.

Most people will never see a flying squirrel because they are active only at night. During the day these animals are sleeping safely in an old woodpecker hole, hollow tree, birchhouse or maybe even your attic. They do like to visit bird feeders during the night and enjoy dining on corn, sunflower seeds, assorted nuts, suet and peanut butter. A more wild diet includes moths, beetles, fruits, berries, mushrooms, buds of trees and even the bark of hardwood trees.

If you happen to be out in the woods during the night, be sure to listen for their high-pitched *tseet*. This noise is often repeated every three to five seconds for 10 minutes or more. Other more common sounds are the soft thumping noises made when they land. This is followed by the scurrying of feet as they climb up the next tree for another glide. Happy gliding!

Ask the Naturalist

Question:

When should I put up my bird feeders for winter?

Robyn Crane, Antonia

**Answer:** November is a great time to put up bird feeders. Some birds may be looking for additional food sources, and your feeders will provide a great place for them to supplement their diet. Cardinals, nuthatches, chickadees and tufted titmice are just a few of the birds you can expect to see at your feeders.

Before hanging your feeders, you should inspect them to make sure they are clean and in working order. Make any necessary repairs before placing feeders outside. For more information on bird feeding, contact your local Conservation Department office and ask for the pamphlet entitled *Backyard Bird Feeding*.



Shanna Raecker  
Naturalist

2751 Glencoe Road  
Wildwood, MO 63038  
(636) 458-2236

LOCATION:

*From I-44*, take Hwy 109 (Eureka exit) north 4 miles to Woods Avenue; left on Woods Avenue; and then immediately right on Glencoe Road; follow signs. *From Hwy 40*, take Clarkson Road south to Manchester Road; right (west) on Manchester to Hwy 109; left (south) on Hwy 109; 2 miles to Woods Avenue; right on Woods Avenue; and then immediately right on Glencoe Road; follow signs.

AREA HOURS:

Sunrise until 1/2 hour after sunset.

VISITOR CENTER

HOURS:

Open seven days a week, from 8 a.m. to 5 p.m., during March, April, May, September and October. The Visitor Center is closed on weekends during June, July, August, November, December, January and February.

ABOUT THE AREA:

All facilities are free to the public, including:  
\*Education Center with exhibits and interpretive programs.

\*1,898 acres of rugged, mostly hardwood, forested land interspersed with springs and streams.

\*Three picnic areas (all with charcoal grills), two with drinking water, tables, and one with restrooms.

\*Seven trails (one is self-guided and wheelchair accessible) totaling more than 10 miles.



# How to register for a NOVEMBER program

Reservations are required unless otherwise specified. Reservations will be taken Monday through Friday from 8 a.m. to 5 p.m. Programs are intended for individuals and families only. If you are unable to attend a program, please call and cancel your reservations as a courtesy to those on our waiting list. Please limit requests to two programs per month, with only one to include an Ages 3-5 program. Please be prompt. Arrival after 10 minutes may exclude you from the program. Interpreting services are available for people with hearing loss, with five days advance notice. If you are unable to attend, please cancel by calling: Rockwoods ext. 0; Powder Valley ext. 0; and Busch ext. 307.

## ROCKWOODS

For reservations, call (636) 458 - 2236

### 1 Forests Are More Than Trees

*Saturday 1 p.m. – 2:30 p.m.*  
(Families) Stumped when it comes to tree identification? Out on a limb as to the difference between an evergreen and a deciduous tree? Then join a volunteer naturalist as we branch out on an easy-paced nature hike through the woods. Take a look at the forest as homes for wildlife, as providers of services and as products for people. (No reservations required.)

### 2 Fabulous Holiday Paper Making

*Sunday 1:30 p.m. – 3:30 p.m.*  
(All Ages) We’ll make holiday paper in several colors using recycled and other paper materials, seeds and dried materials. Please bring old towels, newspapers and an old cookie sheet. (Reservations begin October 20.)

### 5 Fabulous Holiday Paper Making

*Wednesday 3 p.m. – 5 p.m.*  
(All Ages) We’ll make holiday paper in several colors using recycled and other paper materials, seeds and dried materials. Please bring old towels, newspapers and an old cookie sheet. (Reservations begin October 22.)

### 8 Bird Feeder Workshop

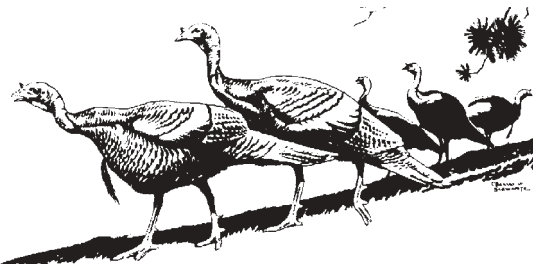
*Saturday 10 a.m. – 11:30 p.m.*  
(Families) Learn what seeds attract which birds, then build a feeder (one per family) to take home. Be ready for the winter season with your new knowledge. Please bring a hammer. (Reservations begin October 29.)

### 15 Squirrel Feeder Workshop

*Saturday 10 a.m. – 11:30 a.m.*  
(Families) You’ll have fun and the satisfaction of building squirrels a feeder as you learn something about these common critters. Please bring a hammer. (Reservations begin November 3.)

### 22 Turkey Trek

*Saturday 10 a.m. – 11:30 a.m.*  
(All Ages) Come join us for a pre-Thanksgiving hike on the Turkey Ridge Trail. We’ll learn a bit about these magnificent birds, and maybe even be lucky enough to spot some along the way! Please dress for the weather. Please meet at the trailhead parking lot. (Reservations begin November 10.)



## JAY HENGES SHOOTING RANGE

For reservations, call (636) 441 - 4554

### Bore Sight-In Assistance

The Henges’ staff and range volunteers will offer free bore sight-in assistance for your telescopic scopes, September 3 thru November 14 during public range hours. Range hours are Wednesday through Sunday 10 a.m. – 4 p.m. No reservations required. For more information please call (636) 938-9548

### 29&30 Muzzleloader Rifle

*Saturday 9 a.m. – Noon (lecture)*  
*Sunday 9 a.m. – Noon (range)*  
Learn the types of muzzleloader firearms, propellants, projectiles, loading procedures, shooting fundamentals and safety issues. This course will provide lecture and live firing on the range.

## BUSCH AREA

For reservations, call (636) 441 - 4554

### 8 Scout Discovery Table: Poisonous & Venomous Things

*Saturday 10 a.m. – 2 p.m.*  
(Scouts) Do you know the difference between “poisonous” and “venomous”? How many different venomous snakes are there in Missouri? Can you identify poison ivy? What spider has a fiddle on its back? Learn the answers to these questions and many more. **Wolves:** Outdoor Adventure Elective 18g; **Webelos:** Naturalist #6; **Juniors:** Wildlife #5, Plants and Animals #9. (No reservations required.)



### 10 Whitetails!

*Monday 6:30 p.m. – 8 p.m.*  
(Ages 7-12) What do the words “habitat” and “carrying capacity” have in common? They both play an important role in wildlife management. Through hands-on activities, learn about some of the factors that affect Missouri’s white-tailed deer population. (Reservations begin October 27.)

### 12 Pictures in Tissue

*Wednesday 10 a.m. – Noon*  
(Ages 8 & up) Learn to identify wildflowers by their shape and color. Then create a beautiful picture of one from colored tissue paper. (Reservations begin October 29.)

### 15 Discovery Table: How Animals Prepare for Winter

*Saturday 10 a.m. – 1 p.m.*  
(All Ages) You and I turn on the heat and pull out our winter coats, but what do animals do to prepare for the long, cold winter months? An animal’s survival depends on what it does to prepare for winter. Come discover what some animals do to survive a harsh winter. (No reservations required.)

### 17 Lewis & Clark

*Monday 9:30 a.m. – 11 a.m.*  
(Ages 9-12) Join the “Busch” Corps of Discovery as we try our hand at some of the skills and knowledge needed by the original Corps of Discovery as they traveled west. (Reservations begin November 3.)

### 18 Duck, Duck, Goose!

*Tuesday 9:30 a.m. – 10:30 a.m. & 11 a.m. – Noon*  
(Ages 3-5) Ducks and geese: how are they the same and how are they different? Why do they migrate and where do they go? Games, facts and fun for all. (Reservations begin November 4.)

### 22 Owl Prowl

*Saturday 6 p.m. – 7:30 p.m. & 7:30 p.m. – 9 p.m.*  
(All Ages) Join us for an introduction to Missouri’s resident owls and winter visitors. Then take a short stroll on the Fallen Oak Trail to listen and, hopefully, call in some owls. Warm clothing is a must for the walk portion of this program. (Reservations begin November 7.)



### 29 Clark Trail Hike

*Saturday 9 a.m. – 1:30 p.m.*  
(Adults) Join us for a refreshing fall hike through the forests at Weldon Spring Conservation Area. We will look for birds that over-winter on the area as well as bald eagles feeding along the Missouri River. Please dress for the weather. (Reservations begin November 14.)

## POWDER VALLEY

For reservations, call (314) 301 - 1500

### 1 Scout Discovery Table: Endangered Species

*Saturday 10 a.m. – 2 p.m.*  
(All Ages) Are bald eagles and bison still endangered species? Find the answers to these and other questions about which species are endangered in Missouri. **Bears:** Sharing your World with Wildlife (Achievement #5e). **Brownies:** What’s Out There: Eco-explorer #5 and **Junior Girl Scouts:** Let’s Get Outdoors: Wildlife #6. (No reservations required.)

### 3&17 Traveling the Lewis & Clark Trail

*Monday 1 p.m. – 2:30 p.m.*  
(Adults) A volunteer naturalist who was fortunate enough to travel this trail wishes to share his experiences. (Reservations begin October 20 and November 3, respectively.)

### 3 Acorns, Acorns Everywhere

*Monday 9 a.m. – 10:30 a.m.*  
(Ages 4-8) Let’s explore oak trees and acorns of Missouri. (Reservations begin October 20.)

#### HOMESCHOOL PROGRAM

Children must be accompanied by an adult.

### 6 Three Little Bears and More!

*Thursday 1 p.m. – 2:30 p.m.*  
(Ages 3-6) & (Ages 7-12) Learn about Missouri’s black bears and make a “bear” craft to take home. (Reservations begin October 23.)

### 8 Wildlife Portrait Workshop

*Saturday 10:30 a.m. – 11:30 .m. (Ages 10-16)*  
*1 p.m. – 2 p.m. (Adults)*

Join Resident Artisan Jim Marshall to experience the art of drawing wildlife portraits. (Reservations begin October 24.)

### 10 Energy-Saving Caterpillars

*Monday 9 a.m. – 10:30 a.m.*  
(Ages 7-12) Come and share energy-saving ideas as the cold weather approaches and sew an energy-saving caterpillar. (Reservations begin October 27.)

### 12 Let’s Talk Turkey

*Wednesday 10 a.m. – 11 a.m. & 1 p.m. – 2 p.m.*  
(Ages 3-6) We’ll learn about Missouri’s largest bird, make a craft and try to call up our Powder Valley flock. (Reservations begin October 29.)

### 12 Wildlife in Your Yard

*Wednesday 3 p.m. – 4:30 p.m.*  
(Ages 7-12) Learn how and why our urban habitat favors some types of wildlife. Frontiers Connection #40. (Reservations begin October 29.)

### 13 Rocking Chair Story Time

*Thursday 10 a.m. – 10:45 a.m. & 1 p.m. – 1:45 p.m.*  
(All Ages) Come enjoy a fun-packed time of hearing stories and using puppets! (No reservations required.)

### 13 Wild Cats of Missouri

*Thursday 7 p.m. – 8:30 p.m.*  
(Ages 12 & up) Learn about the wild cats of Missouri and what to do if you think you spot one. (Reservations begin October 30.)

### 15 Wild Cats of Missouri

*Saturday 10 a.m. – 11:30 a.m.*  
(Ages 12 & up) Learn about the wild cats of Missouri and what to do if you think you spot one. (Reservations begin October 31.)

### 16 Fall Frolic

*Sunday 12:30 p.m. – 2:30 p.m.*  
(All Ages) Stories and songs about animals and plants preparing for winter. (Reservations begin October 31.)

### 26 Thanksgiving for the Birds

*Wednesday 10:30 a.m. – 11:15 a.m.*  
(Ages 3-6) Join us for a fun and educational program about birds and Thanksgiving. We’ll make a bird feeder too! (Reservations begin November 12.)